

TUG-OF-WAR



Register Now at Salt River Fitness Center

6:00 am – 7:30 pm

Deadline: Monday, June 10, 2013

(Competition open is to SRPMIC Community Members & their family, SRPMIC residents, Tribal Employee, Enterprise Employee (Saddleback, Salt River Landfill, Devco, Financial Services Institute, Gaming Enterprises, SR Material Group, Salt River Fields, Talking Stick Golf and Red Mountain & Lehi Branch Employees)

****All individuals are subject to proof of enrollment, residency, employment and affiliation****

- 1) Please have all teammates come in together to weigh-in & sign waiver. If all teammates are unable come in together, please give staff name of teammate, so we can put them on your roster.
- 2) Teams must have a Team Captain and Team Name.
- 3) Weigh in will take place on scale in Fitness Center.
- 4) There will be no signing up on the days of competition.

Competition Days:

Friendship Park – 11:00 am

- Tuesday, June 11, 2013
- Wednesday, June 12, 2013
- Thursday, June 13, 2013

PLEASE READ TUG OF WAR RULES!!!

TUG OF WAR RULES

- 1) No inappropriate language will be tolerated.
- 2) Only athletic shoes will be permitted - NO CLEATS or BOOTS! Athletic apparel is optional but not required.
- 3) Gloves may be worn, lifting chalk and Magnesium Carbonate Chalk is permitted.
- 4) All teams members are to remain on feet at all times throughout the pull; hands will not be permitted to touch ground at any point or a warning will be given on infringement, more than 3 warnings will result in disqualification. Hips butt or knees on ground are only permitted on a slip/fall; pullers will be warned to recover of slip/fall.
- 5) Players may only pull for ONE team.
- 6) 8 teams will be allowed; a single team may consist of 6 pullers with a maximum of 1,500 lbs combined, with at least 2 females on each team. All teams and members must be weighed.
- 7) No wrapping the rope around ANY body part during pull. (i.e. no looping around hands or arms)
- 8) First team to pull mid-rope marker 6ft. beyond midline is the winner.
- 9) Direction of pull will be decided by a coin toss.
- 10) Starting cues: "Take the rope" (teams pick up rope, prepare) "Ready, Set, PULL!" (pull)
- 11) Tug-of-war will be 8 team tournament style, with the
 - 1st round taking place on Tuesday June 11th starting at 11am
 - 2nd round on Wednesday June 12th starting at 11am
 - The championship final on Thursday June 13th starting at 11am.

QUESTIONS CALL: Dion Begay at 480-362-7320